

# Health Matters



King County

**Change happens  
one step at  
a time.**



**Take the stairs**

Stair climbing is great for your heart, legs and lungs.  
No access to stairs at work? Look for stairs at office  
buildings close to you, or in your daily routine  
(shopping malls, schools, parking lots).

**Get Healthy. Stay Healthy.**

[www.metrokc.gov/employees](http://www.metrokc.gov/employees)

[health.matters@metrokc.gov](mailto:health.matters@metrokc.gov) 206-684-1556